



Self Reflection Exercise: Feeling Stuck

Koh-Parenting's self-reflection series will guide you in information-gathering to help you to understand yourself better and empower you to take charge of your behavior and your relationships.

Why Self Reflect?

Self-reflection can be a powerful tool in your co-parenting journey. Our natural tendency to fixate on the behavior of others can leave us feeling frustrated and stuck. Engaging in self-reflection focuses our attention on what we CAN control (i.e., our own behavior) and can be more effective in attaining our goals. This exercise prompts you to ask yourself questions about your thoughts, sensations, feelings, and actions when you find yourself in a rut.

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